

# Daily Mood Log\*

Situation or Event: \_\_\_\_\_

Emotions	% before	% after	Emotions	% before	% after
<b>Sad</b> , blue, depressed, down, unhappy			<b>Hopeless</b> , discouraged, pessimistic, despairing		
<b>Anxious</b> , worried, panicky, nervous, frightened			<b>Frustrated</b> , stuck, thwarted, defeated		
<b>Guilty</b> , remorseful, bad, ashamed			<b>Angry</b> , mad, resentful, annoyed, irritated, upset, furious		
<b>Inferior</b> , worthless, inadequate, defective, incompetent			<b>Other</b> (describe)		
<b>Lonely</b> , unloved, unwanted, rejected, alone, abandoned			<b>Other</b> (describe)		
<b>Embarrassed</b> , foolish, humiliated, self-conscious			<b>Other</b> (describe)		

Negative Thoughts	% belief before	% belief after	Distortions	Positive Thoughts	% belief
1.				1.	
2.				2.	
3.				3.	
4.				4.	

## Daily Mood Log (cont'd)

Negative Thoughts	% belief before	% belief after	Distortions	Positive Thoughts	% belief
5.				5.	
6.				6.	
7.				7.	
8.				8.	

### Checklist of Cognitive Distortions \*

1. <b>All-or-nothing thinking.</b> You look at things in absolute, black-and-white categories.	6. <b>Magnification or minimization.</b> You blow things way out of proportion or shrink them.
2. <b>Overgeneralization.</b> You view a single negative event as a never-ending pattern of defeat.	7. <b>Emotional reasoning.</b> You reason from your feelings: "I <i>feel</i> like an idiot, so I must <i>be</i> one."
3. <b>Mental filter.</b> You dwell on the negatives and ignore the positives.	8. <b>Should statements.</b> You use "shoulds," "shouldn'ts," "musts," "oughts," and "have tos."
4. <b>Discounting positives.</b> You insist your positive qualities don't count.	9. <b>Labeling.</b> Instead of saying, "I made a mistake," you tell yourself, "I'm a jerk" or "I'm a loser."
5. <b>Jumping to conclusions.</b> You jump to conclusions not warranted by the facts.	10. <b>Self-blame and other-blame.</b>
<ul style="list-style-type: none"> <li>• <b>Mind-reading.</b> You assume that people are reacting negatively to you.</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Self-blame.</b> You blame yourself for something you weren't entirely responsible for.</li> </ul>
<ul style="list-style-type: none"> <li>• <b>Fortune-telling.</b> You predict that things will turn out badly.</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Other-blame.</b> You blame others and overlook ways you contributed to the problem.</li> </ul>